## DEPARTMENT OF PUBLIC HEALTH

**COUNTY OF SAN BERNARDINO** 



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## San Bernardino County Department of Public Health Celebrates Black History Month by Increasing Asthma Awareness among **Africans Americans**

San Bernardino. The County San Bernardino Department of Public Health is celebrating Black History Month by increasing community awareness of asthma within the African American community. Asthma is one of the most common serious childhood diseases. In addition, asthma is a leading cause of hospital emergency department visits and school absenteeism. As part of Black History Month, the Coordinated Asthma Referral and Education (CARE) program is outreaching to the African American community.

"Asthma poses a serious public health burden to County residents, especially among African Americans," said Maxwell Ohikhuare, M.D., San Bernardino County Health Officer. "Approximately, 40.7% of African American children between the ages of 0-11 years old are diagnosed with asthma in the County."

Asthma triggers vary depending upon the person and environment, but some known triggers include cigarette and other smoke, mold, pollen, dust, animal dander, exercise, cold air, household and industrial products, air pollutants and infections. Asthma cannot be cured, although treatment options and tools exist to manage the disease and its symptoms.

The CARE program provides **FREE** home visits to families with children 18 years and younger, who have a diagnosis of asthma in the Central and East Valley areas of San Bernardino County. During the home visits the families receive home assessments and asthma education. In addition, they receive materials and community referrals to assist manage their child's asthma triggers.

For more information about asthma, ask your doctor or, call the San Bernardino County Department of Public Health, CARE Program at 1-800-782-4264. You can also visit the Department of Public Health website at <a href="http://www.sbcounty.gov/dph">http://www.sbcounty.gov/dph</a>.

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